individual to participate in identifying and modifying the behavior that is being changed. The plan section often has many journaling sections that an individual can use to express feeling and emotions. FIGS. **8C** depicts an exemplary plan section of the calming exercise. The act section of an exercise may include journaling exercises that allow individuals to express, document and reflect on the learned techniques and how they have implemented them in their lives. The act section may also have an area to modify how these techniques can be used better in the future. FIGS. **8D** and **8E** depict an exemplary act section of the calming exercise.

[0039] The exercises may be assigned based on a series of calculations from the assessment. For example, in one embodiment, based on a person's assessment, a series of over 100 calculations may be made and compared to previously determined norms. Based on these calculations, each exercise is reviewed to determine if it should be assigned to the particular individual. Once an individual has been assigned exercises, the order the individual receives the exercises is based on scientifically-based, pre-determined criteria indicating the order in which the exercises should be allocated. For example, in the Mind dimension, exercises on identified problem emotions for an individual may be given before working on more difficult concepts such as thinking traps. The early focus on identified problems is designed to lead to early positive results and reinforce the individual's commitment to the program. The Connection and Surrounding exercises may be assigned the same way as the Mind exercises. An exemplary way of ordering the assignment of Body exercises is to assign based on lowest body score. It will be appreciated that other ordering mechanisms of assigning exercises are within the scope of the present invention.

[0040] The stress management program may also provide peer support to the individual as peer support has been identified as an integral part of a successful transformation of behavior. The lifestyle management platform is utilized in conjunction with social networking, on-line meetings, digital and on-line coaching, etc. to make accessing peer groups easier, more convenient and timelier. With a diverse national and international audience, the lifestyle management platform flexibly programs peer support groups based on client needs and attributes, an advantage over local, geographically bound physical meetings.

[0041] Although the description contained herein has focused on a stress management program created using the online lifestyle management platform it should be appreciated that other lifestyle management programs in addition to stress management programs may be generated by the online lifestyle management platform and that such programs are considered to be within the scope of the present invention. For example, instead of receiving a full, customized program, the individual may be directed to a series of time-saving mini-tips or even applications, based on their responses to the online assessment.

[0042] FIG. **9A** depicts an exemplary environment suitable for practicing embodiments of the present invention. The exemplary environment may include a computing device **900** equipped with a processor **902** for executing computer-executable instructions. Computing device **900** also includes memory **904** and may include non-volatile storage **906**. Computing device **900** hosts the lifestyle management platform **910** which is used to create an individualized lifestyle management program such as a stress management program for an assessed individual. Computing device **900** may be in

communication with a client computing device **950** via a network interface **901** over network **940**.

[0043] Client computing device **950** may communicate via network interface **951** over the network **940** with the computing device **900**. It should be appreciated that while client computing device **950** may be a conventional computing device, such as a laptop or desktop PC that is equipped with a CPU **952**, memory **954** and web browser **956**, client computing device may also be a portable computing device such as a tablet, smartphone or feature phone equipped with a browser and able to access computing device **900** from a remote location. Individual **970** may use web browser **956** to access lifestyle management platform **901** and access an individualized dashboard **962** of the present invention displaying customized information related to the individual's lifestyle management program. Individual **970** may view dashboard **962** on display **960**. It will be appreciated that other architectural configurations of the components described herein are also within the scope of the present invention. For example, in an alternative embodiment, the created stress management program of the present invention may be transmitted to the client computing device **950** and be executed on the client computing device rather than on computing device **900**.

[0044] Computing device **900** is intended to be illustrative and not limiting of the present invention. Computing device **900** may take many forms, including but not limited to a server, personal computer, workstation, network computer, quantum computer, optical computer, bio computer, Internet appliance, mobile device, a pager, a tablet computer, and the like. Computing device **900** may be electronic and may include Central Processing Unit (CPU) **902**, memory **904**, storage **906**, input control, modem, etc. CPU **902** may control each component of computing device **900** to provide lifestyle management platform **910**. Memory **904** temporarily stores instructions and data and provides them to CPU **902** so that CPU **902** operates the computing device **900**.

[0045] Optionally, computing device **900** may include multiple CPUs for executing software loaded in memory **904**, and other programs for controlling system hardware. Each of the CPUs can be a single or a multiple core processor. The code loaded in memory **904** may run in a virtualized environment, such as in a Virtual Machine (VM). Multiple VMs may be resident on a single processor. Also, part of the code may be run in hardware, for example, by configuring a field programmable gate array (FPGA), using an application specific instruction set processor (ASIP) or creating an application specific integrated circuit (ASIC). Further, part of the code may be run on analog electronic devices or other resources may be used to run part of the code, such as graphics processing units (GPUs) or dedicated hardware such as Fast Fourier Transform (FFT) processing blocks.

[0046] Storage **906** may contain applications. Storage **906** can include code for the operating system (OS) of the computing device **900**, code for at least one application executed by the OS including the applications for lifestyle management platform **910** and created stress management programs. Storage **906** may also hold data generated from lifestyle management platform **910**. Those of ordinary skill in the art will appreciate that parts of applications can be stored in the CPU cache or memory **904** as well, or they can be stored on a location accessible over the network **940**.

[0047] Network **940** may be the Internet, an intranet, LAN (Local Area Network), WAN (Wide Area Network), MAN (Metropolitan Area Network), wireless network (e.g., using